1: Burrows--30 (1947-48) Woleaians
116, 273 Ifalik

"The people know how to ferment the juice and make an alcoholic drink of it. All that is necessary is to abstain from washing the shells in which it is collected, and from straining it; and then to let it stand for four days. The chiefs forbid the practise. Their prohibition works about as well as that tried for some years by the United States. That is to say, those who enjoy drinking fermented toddy (called tubwa as in Yap) make it quietly and drink it without interference. Some of the men drink glass after glass in the course of an evening. A slightly bleary look about the eyes, and a tendency to be jovial or sentimentally friendly, were the only effects we noticed. Drunkenness to the point of a staggering gait or quarrelsome talk, let alone violence, was completely absent. Toddy is not the problem in Ifalik that it is said to be in some more populous islands."

2: Damm et al. --168 [6] (1909) 1938 Woleaians
116, 273 Faraulep

Then palm wine (xarī) is also very popular; it is prepared in the same way as on Polowat.

3: Thilenius and Hellwig--254 (1909-10) 1927 Woleaians
273 Woleai

As is customary on most of the Caroline Islands, the sap of the palm trees is collected one to three times a day for the preparation of the favorite fermented drink.

6: Senfft--54
116, 164, 744, 273

(no date) 1905

Woleaians
Woleai

The state of health at the time of my stay there was still so bad that I sent the governmental physician to that island for a longer period. Dysentery seems to be one of the chief causes of death, and the prevalence of this disease can probably be explained by the use of sour toddy; this beverage is made from the axis of the inflorescence of coconut trees. It is very intoxicating and usually produces a desire to quarrel; it is also said to have the effect of an aphrodisiac. I was told that its effect is increased by placing the bottles on the beach in the hot sun and then mixing the juice with salt water.

The number of other diseases is also very high. There are many cases of elephantiasis, eye disease, and paralysis. The report of the governmental physician will treat of matters of health in more detail. Two military policemen have been stationed on the island, and they have been ordered to use all possible means to suppress the use of toddy.

.8: Senfft--283
116, 245, 273

(1905) 1906

Woleaians
Lamotrek

Here [MR: Lamotrek] again I had occasion to observe that previously given orders for the protection of the palm trees and the prohibition of consumption of sour toddy had in several instances gone unheeded; it is indeed a sad fact that as far as drinking is concerned the white dealer serves as a very poor model to the natives. A walk through the island revealed the occurrence of cochineal insects on four palm trees; the trees were cleaned and in future the chief will be responsible for the burning of the leaves attacked by the insects.

8: Senfft--283 (1905) 1906 Woleaians
116, 273, 625, 681 Woleai

The coconut stocks on Oleei were normal. Two years ago extermination measures were taken against the rat plague and by now the trouble has decreased considerably. Since the recall of the police post who was in charge of enforcing these measures nothing had been done and the natives had started once more to drink sour toddy. In a condition of complete drunkenness a native had first threatened a dealer with a long knife and then with a spear. The man was taken to Jap and later sentenced on that island. A rumor circulated that three years ago an Australian dealer, who was old and feeble and who had been working on Oleei for a Jap firm, had died an unnatural death. I started extensive investigations on the spot which really produced incriminating material. It seems that a Sonsol native attacked the dealer in his bed, made him unconscious by blows of a hammer and then strangled him. It is said that the housekeeper of the dealer --a fellow islander of the murderer--had been an accomplice to the crime. Other witnesses are said to exist on the islands of Lamutrik and Satuwal. The main witnesses needed for the trial had to be called and set out on the voyage. At the present time the two accused are on Palau.

In a general meeting I discussed everything of importance and informed the population that once more I would leave behind a policeman with far-reaching powers. Fines in the form of naturalia were imposed for neglect of the tree protection law directed against destruction by rats and for the consumption of sour toddy.

9: Senfft--14 (1903) 1904 Woleaians
273 Woleai

The great mortality is in the first place caused by dysentery which is probably due to the excessive consuming of sour toddy (the fermenting juice of the blossoms of the coconut palm); the natives are passionate drinkers of this toddy which they mix with salt water and cook in the hot sun at the beach in order to have it stronger.

Besides water, the natives drink the juices of young coconuts, tschalelu, especially toddy, which may be sweet, gatschimem, or sour, faloba. The sweet kind is not intoxicating, the sour kind is very intoxicating and has an immediate effect. The men climb the toddy trees every morning and evening and take down the full bottles. After the first cut into the core of the tree, it takes about two weeks to accumulate a sufficient amount. There are many trees which never yield good juice; this is ascribed to the kind of cut used and to the sharpness of the knife. A coconut shell is suspended below the place where the tree has been cut. The shell has a hole in the bottom, and the juice runs through this into a bottle attached directly under the shell. Sour toddy is made of fermented sweet toddy. The juice drips into a coconut shell and is left thus for several days; from time to time the sediment is poured off. After three days the toddy has intoxicating properties, which are increased if the shell is not cleaned. Sour toddy causes intestinal disturbances and is one of the factors causing dysentery, a disease which is especially violent in Oleai. Although the preparation of this drink is now against the law, there are still many natives who drink it. One chieftain told me, "You white people have beer, wine, and rum to get intoxicated, we have toddy for that purpose."

28: Spiro--8-9 (1947-48) 1949 Woleaians
116, 262, 273 Ifalik

"The coconut tree is also the source of what is one of the most important foods, from the native point of view, gari. Gari is the sweet sap-like liquid [9] that is obtained by tapping the coconut frond, and permitting it to run into a container, the natives using an empty coconut shell for the purpose. The men collect their gari twice a day, morning and afternoon, in rain or shine. Indeed the collection of the gari is the first activity performed in the morning by the men, and its collection in the afternoon signals the end of the economic day. It is consumed in three forms: when freshly collected, it is a pleasant soft-drink, and is drunk copiously by all the natives, and is fed even to the babies. If allowed to ferment, it has a beer-like taste, and is drunk, at least to my observation, only by the adult men. It is called lis. This fermented form has a definite 'kick', and though I have seen men become quite 'high' by overindulgence, I have never seen a man become intoxicated. Finally, the fresh liquid is used by the women in the preparation of the various puddings they make."

41: Bates & Abbott N-5 (1953) 1958
OR21 Woleai OR21
Ifaluk

able to observe on Ifaluk. Meal hours had no fixed time. There was generally only one large meal in a day, but the time of day at which this was eaten seemed to vary with the whim or convenience of each particular household. The time of toddy-collecting, however, was as unvarying as the sunrise and sunset with which it coincided; and every young man dropped whatever else he was doing at those times to carry out his chore.

Officially, the toddy was always used fresh on Ifaluk. As Ted had found during his first visit to the island, the chiefs had decreed prohibition. They had observed the effect of alcohol on the peoples of some of the neighboring and more Westernized atolls, where the people had easily learned how to distill the fermented toddy into really potent stuff, and they had decided that for the peace and security of the island it would be best if even fermentation were not allowed.

But toddy ferments easily and quickly. We noticed at some of the dance rehearsals an occasional older man with a definitely unsteady gait or a tendency to be too loud or too obvious, and concluded that he had allowed some toddy to follow its natural course by leaving it sit for a day. We had no direct evidence of the violation of prohibition, however, until toward the end of the summer when Tom offered us a sip from his bottle.

The stuff tasted very good to me, though perhaps I am no judge since my taste in alcohol is catholic. It had a pleasant, cider-like tang with, I should judge, about the strength of good beer.

Breadfruit, the two kinds of taro, and coconut, then, were the basic vegetables of the atoll. There were also a number of minor crops—especially papayas and several kinds of bananas and plantains. The papayas were fair, the bananas excellent, but they seemed to be little used by the people. We were often brought cooked green papayas, which have a squash-like texture and taste, and this seemed to be the way they were most commonly used. We were kept constantly supplied with bananas—we always had a bunch or two hanging to ripen in the Fan Nap—but the people seemed to consider them to be children's food. They appeared to prize the banana plants more for the fiber they got from the stem than for the fruit.

Fish formed the basic animal food, but the people also had pigs